



**TOWN OF EAST HAMPTON
DEPARTMENT OF HUMAN SERVICES**

OCTOBER 2022 WEEKLY ACTIVITY SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>CHAIR YOGA</u> 10:00 AM Activity Room	<u>HEALING CIRCLE</u> 10:00 AM Activity Room	<u>FLOOR YOGA</u> 10:00 AM Activity Room	<u>QIGONG</u> 10:00 AM Activity Room	<u>CHAIR YOGA</u> 10:00 AM Activity Room
<u>MINDFULNESS MEDITATION</u> 9:45 AM Lounge	<u>BLOOD PRESSURE</u> 1 ST TUESDAY 10 AM-12PM LOUNGE	<u>MOVIE</u> 9:30 AM Lounge	<u>CURRENT EVENTS</u> 11:00 AM Lounge	Lounge Open
<u>LUNCH</u> 11:00 AM Dining Room	<u>LUNCH</u> 11:00 AM Dining Room	<u>LUNCH</u> 11:00 AM Dining Room	<u>LUNCH</u> 11:00 AM Dining Room	<u>LUNCH</u> 11:00 AM Dining Room
Activity Room Open	<u>BINGO</u> Activity Room 12:30 pm	<u>Benefits of Massage</u> Activity Rm 1:00 PM 10/5 & 10/19	<u>BINGO</u> Activity Room 12:30 pm	Activity Room Open
<u>OPERA</u> 1:00 PM Lounge	<u>SUPPORT GRP.</u> 1:00 PM Lounge	<u>BRIDGE</u> Lounge 12:30- 3:30pm	Lounge Open	Lounge Open